

# 2009 Cross Country Archives

## 2009 NJCAA Region III Championships

Both the Men's and Women's cross country teams won Regional Championship titles on Saturday, October 31st. Running on their home course at The College Golf Course the men placed 1st (Chris Burke), 2nd (Jason Phillips), 3rd (Lyle Haywood), Steve Challacombe (6th) and Zavior Brown (7th).

In addition, Mike Cauwels finished 9th and those top 10 athletes earned All-Region honors. The men scored 19 points, 36 points ahead of Alfred State (55). The women won another close battle with Mohawk Valley Community College scoring 41 points to MVCC's 44. Nicole Darling led the Lady Broncos with her 3rd place finish and earned All-Region honors. Other SUNY Delhi All-Region runners were Briteleigh Levens (6th) and Hannah Backus (8th).

## 2009 Mountain Valley Conference Championships

Both Men's and Women's teams were victorious at the 2009 MVC Championships on Saturday, October 24th. The men finished with 18 points and had 6 All-Conference honors. Chris Burke was the individual champion followed by runner-up finisher Lyle Haywood. Also earning All-Conference honors were Steve Challacombe (4th), Mike Cauwels (5th), Nick Lynch (6th), and Will Ennis (7th).

The women were once again led by freshman Nicole Darling who finished 2nd overall and earned All-Conference honors. Also earning All-Conference honors were Briteleigh Levens (4th) and Hannah Backus (6th). Rounding out the top 5 were Danielle Metz (8th) and Ann Ward (9th). The women were also Mountain Valley Conference Champions scoring 29 points.

Follow link above for full results...

## 43rd Annual UAlbany Cross Country Invite

The Bronco's had a strong showing against a highly competitive field on Saturday, Oct. 17th. Host school, SUNY Albany, held 4 races on the day including championship and non championship races for both men and women. No team scores were calculated in the non championship races. The men finished 18th out of 24 schools in the championship race, an impressive finish considering they were the only junior college in the field. Follow link above for full results.

## 12th Annual SUNY Delhi Bronco Weekday 5k Classic

The men and women's cross country teams were victorious on their home course Tuesday evening. Sophomore Jon Tuttle, (Arlington NY) led the way with a 4th place finish with a time of 17:38 and following closely behind was sophomore Ethan Lennox, (Tully NY) in 5th place running 17:42. A tight pack of broncos worked together placing 6th (Lyle Haywood), 7th (Chris Burke), 8th (Jason Phillips), 9th (Steve Challacombe), and 10th (Will Ennis). The men's team finished 1st with 25 points, 15 ahead of Broome CC.

Freshman Nicole Darling (Jordan-Elbridge NY) continued her streak of leading the women's team. Nicole won her 1st collegiate race with a time of 20:54, 8th all-time on the 5k course. Next in was Danielle Metz (Commack NY) finishing in 4th with a time of 22:41. Briteleigh Levens and Ann Ward were 6th and 7th, respectively, with times of 22:56 and 23:09. Delhi's 5th runner was Kim McKay who finished in 12th with a time of 24:04. The women finished 1st with 30 points, 4 ahead of Broome CC who is the number 1 ranked NJCAA DIII Cross Country team.

Next, the Bronco's will be traveling to SUNY Albany for the 42nd Annual UAlbany Cross Country Invitational on 10/17/09

## 2009 Tri-State Cross Country Invitational

Sophomore Chris Burke, (Tully NY) won his 1st collegiate cross country race on Saturday at the Tri-State Cross Country Invitational hosted by Community College of Rhode Island. His time of 27:08

over the 8k course was 11 seconds ahead of the 2nd place finisher, Bill Taft of Bridgewater State College. Next in for the Bronco's were Lyle Haywood (Nyack NY) placing 7th in 28:03.12, Steve Challacombe (Newburgh NY) placing 8th in 28:05.91, and Jason Phillips (Moravia NY) placing 9th in 28:07.20. Freshmen Zavior Brown (Pine Bush NY) and Mike Cauwels (Pennfield NY) finished in 12th and 13th, respectively. Other finishers include Will Ennis (15th), Brandon Kinsman (18th), Tim Scudds (21st), Nick Lynch (22nd), and Sam Predmore (27th). The men won their 1st meet of the season scoring 37 points beating WPI by 1 point.

Freshman Nicole Darling (Jordan Elbridge NY) led the lady broncos for the 4th race in a row finishing 2nd with a time of 20:55.08 on the 5000 meter course. Hannah Backus (East Meredith NY) finished in 12th, her highest finish of the year, running 22:00.82. Next in were Britleigh Levens (Cohoes NY) placing 22nd in 22:54.34, Ann Ward (Oneonta NY) placing 23rd in 23:00.76, and Danielle Metz (Commack NY) placing 30th in 23:47.29. Other finishers include Katie Ferguson in 46th and Brianne Cunningham in 50th.

### **2009 Oneonta State Airfield Invitational**

Men: Chris Burke (Tully, NY) led the Bronco's with a 5th place finish on the 6k course (19:27). Lyle Haywood (Nyack, NY) had a great race to finish as Delhi's 2nd runner, placing 12th in 19:57. Lyle was the top freshmen runner in the race. Next in were Jason Phillips (Moravia, NY) in 16th, Steve Challacombe (Newburgh, NY) in 17th, and Zavior Brown (Pine Bush, NY) in 26th. The men tied for 3rd with Hamilton scoring 72 points, losing only to Oneonta state (71) and nationally ranked Plattsburgh (33).

Other finishers:

Will Ennis: 37th - 20:40

Nick Lynch: 41st - 20:46

Mike Cauwels: 47th - 20:53

Brandon Kinsman: 51st - 20:58

Jon Tuttle: 54th - 21:03

Sam Predmore: 62nd - 21:23

Nick Reynolds: 68th - 21:40

Mike Greer: 73rd - 21:52

\*Follow link for full results\*

Women: For the 3rd week in a row the lady Bronco's were led by freshmen Nicole Darling (Jordan-Elbridge, NY). Nicole placed 18th overall in a very competitive field and her time of 17:58 over the 4500 meter course places her at the top of the all-time list for female Delhi runners on that course. Rounding out the top 5 were Hannah Backus (East Meredith, NY) in 35th, Danielle Metz (Commack, NY) in 47th, Britleigh Levens (Cohoes, NY) in 49th, and Ann Ward (Oneonta, NY) in 54th. The women finished 5th overall as a team scoring 155 points.

Other finishers:

Kim McKay: 64th - 22:45

Brianne Cunningham: 65th - 23:14

Katie Ferguson: 66th - 23:42

Nina Pasquarelli: 68th - 23:45

\*Follow link for full results\*

### **2009 Cobleskill Fighting Tigers Invitational**

The men's and women's cross country teams ran great races on Saturday at SUNY Cobleskill. The men finished 2nd with 57 points losing to RIT's 16 points. Sophomore All-American Chris Burke opened his 2009 season up with a 5th place finish in 28:17 over the 5.2 mile course. Next in for the broncos was freshman Jason Phillips in 7th (28:40), Steven Challacombe was 12th (29:00), Zavior Brown was 16th (29:15), and 5th man was Will Ennis in 18th (19:19).

The women finished 4th overall with 115 points. The women were led by freshman Nicole Darling for the 2nd week in the row finishing an impressive 3rd overall (18:53 5k). Rounding out the top 5 for the lady broncos were Hannah Backus in 13th (20:12), Danielle Metz in 27th (21:12), Briteleigh Levens in 28th (21:17), and 2008 All-American Kim Mckay in 55th (22:49).

See above for link to 2009 Cobleskill Fighting Tiger Invitational Results

### **2009 Colgate Harry Lang Invitational**

The Delhi Broncos men and women opened up their cross country seasons at Colgate University competing against NCAA Division I schools Syracuse University, Bucknell University, and Colgate University & NCAA Division III Schools Nazareth College and Utica College. The men had a strong showing on the 4 mile course finishing 4th overall beating Nazareth College and Utica College.

Three freshman led the way with Jason Phillips (Moravia NY) finishing 36th, Zavior Brown (Pine Bush NY) in 38th, and Lyle Haywood (Nyack NY) in 41st.

#### **Runner Place Time**

Jason Phillips 36 22:22.00

Zavior Brown 38 22:28.00

Lyle Haywood 41 22:38.00

Will Ennis 50 23:06.00

Steve Challacombe 51 23:08.00

Brandon Kinsman 56 23:22.00

Tim Scudds 57 23:25.00

Mike Cauwels 60 23:31.00

Nick Lynch 71 24:15.00

The women were led by a 31st place finish by freshman Nicole Darling (Jordan Elbridge NY). Nicole's time of 18:08 over the 4200 meter course was the fastest ever run by a female Delhi runner on the Colgate course and the 5th best freshman time overall. Freshman Hannah Backus (East Merideth, NY) was Delhi's number 2 runner finishing in 51st with a time of 19:26. Sophomore Danielle Metz (Commack NY) finished in 61st with a time of 20:47.